

Monday, September 28, 2020

Dear JH boys' basketball players and parents,

Junior High basketball season will begin next Thursday, October 8th! It is exciting that the season is already here and I am looking forward to working with the team this year!



I am looking forward to continuing to develop some solid fundamentals in each player while also teaching healthy competition, having fun, and growing as individuals and as a team. Here are a few other things to keep in mind:

- The first day of practice will be Thursday, Oct. 8th right after school in Richey. I realize the boys will have less than a week off between football and basketball, but our first game will be right around the corner! Please be sure you are in work-out clothes, you have clean court shoes and socks, and that you have a water bottle with your name on it. Of course, you must also have a physical on file with Deb at the Richey School office in order to practice. If you don't, please bring one to me the first day. Players will be provided with a school-issued reversible jersey that they will also need to wear at practice, too.
- Practices will be held right after school, every week day but Wednesdays. They will be alternating between Richey and Lambert on a week-by-week basis; they will last about an hour and 45 minutes to 2 hours maximum—we will never practice longer than 2 hours. I expect that athletes will be ready to learn and give full effort at practice. We will make the most of the time we have together. I also expect athletes to be at practice unless they are sick, or have pre-excused other absences through me. Parents can let me know if their son needs to miss practice by emailing me at nsimonsen@lambertschool.net or by calling me at 774-3333x2111 (W). In order for us to grow and work toward our potential, solid practices, with emphasis on fundamentals, team work, and game preparation are critical.
- Games are typically scheduled for Friday evenings and Saturday mornings. With the HS fall post-season also happening, some games are during the week, and others may need to be re-scheduled. In addition, covid has the potential to force us to really recreate the schedule! I will try to put out a schedule for our season, but it will be far more important to watch the weekly bulletin for the most recent game schedules. The 2C district will be meeting early next week and hopefully the rules from MHS A for winter sports will be out at that point. Stay tuned for more information coming soon!
- All athletes need to ride the bus to the games (unless there is a conflict—just let me know ahead of time), and should be dressed according to Co-op rules (no blue jeans

or T-shirts) for home and away games. We want to show our Fusion pride at all times in our appearance, how we act, and how we perform. Depending on our numbers and the other teams numbers, we may be able to squeeze in a 5th quarter like we did in football to allow for more playing time for the younger skilled athletes. A reminder that if you decide to ride home with your parent, please sign-off with me before you do so. The co-op does buy a meal after games for our athletes when possible. The girls' team will also be partnered with us for games, and their team will play the first game of the evening/morning.

- Cell phones may be used by athletes but athletes must shut them off upon entering the locker room. Cell phones are strictly prohibited in the locker room. When athletes leave the locker room, they may turn them back on. As your coach, I want cell phones out of sight in the gym, too. We are there to prepare for our game and/or support those who are playing.
- Finally, in order to play to your potential, training rules are in place for any Fusion athlete. Please be sure those involved in our program understand our training rules, including curfew and those sorts of things.

Once again, we're looking forward to seeing you in the gym October 8th. I have gotten to see some of you play and have been so impressed with your work ethic, heart, and determination during football season. Bring that with you the first day of practice!

If you have any questions and/or concerns, please feel free to get a hold of me. Here's to the start of a great season!

Coach Nicole Simonsen

GO FUSION! GO FUSION! GO FUSION! GO FUSION! GO FUSION! GO FUSION!





JH BOYS' BASKETBALL PARENT/STUDENT SIGN-OFF SHEET

Signing below verifies I have read and understand the coach's pre-season letter, the rules stated, and others set up by the co-op and coach.

Parent signature: _____ Date: _____

Player signature: _____ Date: _____

PLEASE RETURN THIS SHEET ONLY ON OR BEFORE THE FIRST DAY OF PRACTICE

ON Thursday, OCT 8.

YOU MAY KEEP THE INFORMATIONAL LETTER FOR YOUR RECORDS.